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Investigating the influence of wearable activity-tracking technologies on behaviour change in people aged 55 and over

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Aims and objectives

To investigate whether and how wearable activity-tracking technologies can contribute towards self-monitoring of activity and health by people aged 55 years and over.

Participants

- people aged 55 and over who are already using such devices
- people aged 55 and over who haven't used such devices
- carers and family members
- family doctors and healthcare professionals

Research methods

- Four surveys
 - a) 18 years and over who use these devices
 - b) age 55 and over who use these devices
 - c) carers; also, a workshop
 - d) doctors and healthcare professionals
- **behaviour change study**: given activity-trackers to 21 participants in the 55 - 82 age-range: email interviews and diaries; 4 workshops over 6 months



Behaviour change study

- awareness of: not walking as much as they should; food intake; role of sports; not using the car wherever possible
- formed lunch-time and weekend walking groups; joined gym
- pacing themselves with adequate rest-times
- diagnosis and solutions for non-optimal sleep
- realisation that device reveals trends
- awareness of the ethical implications of the data – when and why they would be willing to share and with whom?